



TELLING THE CHILDREN

2 or 3 sessions
Normal per session fee/\$280

You have decided to divorce or separate and now need to tell the children. You are understandably worried and confused about the disclosure. Fears of how your child/children will react and questions of how to deal with their emotions are only natural. It is important that you feel you handled it the best way possible.

For this reason, I developed this brief therapy package of 2-3 sessions, "Telling the Kids," to help you gain clarity, confidence and agreement in the message you will communicate to your children about the impending divorce.

- Assess emotional/psychological needs of children based on age, cognitive abilities, and emotional maturity
- Provide best practices in disclosing divorce that are suited to your family
- Short and long-term effects of divorce according to age
- Gather "must have" details before you tell the children
- Practice and process telling the children
- Provide tips on how to minimize the wounds of divorce after telling the children

For more information, please contact:
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MILENA SKOLLAR
LCSW

Milena is passionate about partnering with her clients to strengthen family relationships and help them through difficult life transitions. She helps a husband and wife mindfully uncouple, which includes sharing the news of divorce in the best way possible and preparing for the subsequent conversations. With over 30 years of experience, Milena provides individual, child and adolescent psychotherapy, family therapy, is a speaker/trainer of Screamfree Parenting, and is certified in Discernment Counseling and Pediatric OCD.



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